

NUTRITION TEAM FRUIT OR VEGGIE? MONTHLY TOURNAMENT

BLUEBERRY

ASPARAGUS

PEACH

BROCCOLI

STRAWBERRY

ZUCCHINI

PEAR

**BRUSSELS
SPROUTS**

RASPBERRY

SPINACH

WATERMELON

CARROT

BANANA

SWEET POTATO

GRAPES

WHITE POTATO



ACTION PLAN: I WILL EAT ____ SERVING OF FRUITS/VEGGIES DAILY.

(FAMILY TOPIC: MYPLATE: FRUITS OR VEGETABLES)



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